

What Is Claimed Is:

1. An emergency switch for an exercise apparatus comprising:
 - a) a housing;
 - b) a microswitch disposed within the housing;
 - 5 c) a safety plug passing through an insertion slot of the housing and being inwardly inserted to the inside of the housing for an electric connection by means of the contact of the distal end of an extension part of the safety plug to a contact key of the microswitch while an electric disconnection is created in extracting the safety plug; and
 - 10 d) a cut-off button with a push rod interposed between the safety plug and the microswitch, the cut-off button projecting outwardly from the housing, the push rod having a slanting guide face;
whereby, when the cut-off button is pressed down, the push rod makes use of its slanting guide face to separate the safety plug from the contact key of the
 - 15 microswitch into a disconnection state.